

## Easy Slow Cooker Method

Pour entire contents into a 1½-2 qt. Slow Cooker. Add 4 cups water. Cook slowly for 4 hours.

## Stove Top Method

Pour entire contents into saucepan. Add 4 cups water and stir gently to blend seasonings. Bring to a boil. Reduce heat and simmer slowly for 10 minutes (longer for more tender texture), stirring occasionally. Cover, remove from heat, and let stand an additional 5 minutes. Stir gently and serve. May be reheated in the microwave.

**Ingredients:** Textured soy flour, dehydrated peas, potato (preserved with sodium bisulfite), carrots, corn, onion, and green beans; potato starch, sea salt, parsley, garlic powder, vegan chicken flavor (salt, sugar, maltodextrin, yeast extract, onion powder, natural flavors, dehydrated carrot juice, beta carotene color, olive oil, garlic powder, spices). **CONTAINS SOY**

Harmony House Foods, Inc.

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## **NUTRITION FACTS**

Serving Size: 2/3 cup reconstituted

Servings Per Container: 8

### **Amount Per Serving**

**Calories** 50      Calories from Fat 0

% Daily Value\*

**Total Fat** 0      0%

Saturated Fat 0g      0%

*Trans* Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 291mg      12%

**Total Carbohydrate** 11g      4%

Dietary Fiber 1g      4%

Sugars 3g

**Protein** 3g

Vitamin A 48% \* Vitamin C 13% \* Calcium 2% \* Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Lot #1707